



# PRAYER & FASTING

## What is fasting?

Fasting is a powerful discipline in the life of any Christ follower, meant to draw one closer to him. We see it many times in Scripture as people humble themselves and seek God's help. When we purposefully deny our hunger for food, we position ourselves before God, asking him to meet our needs.

## Why is fasting important?

Fasting and prayer can restore your first love in Christ, and grow a deeper, more intimate relationship with him. Fasting allows the Holy Spirit to reveal your spiritual condition and illuminate areas of brokenness and hurt so that healing can begin. Additionally, fasting was an expected discipline in both Old and New Testaments, and it is recorded many times in Scripture.

## Where do I start?

There are multiple ways to practice fasting. Ask God for guidance on how or what you should fast.

### BEGINNING

- Fast one meal for a period of days. Pray instead of eating.
- Eliminate sweets and soft drinks for the duration of your fast.
- Attempt a complete fast for one full day.

### INTERMEDIATE

- Blend a partial fast for most of the week with a complete fast for one or two days.
- Daniel Fast: Give up specific food and drink for an extended period of time. It is based on several times in Daniel's life when he allowed himself no choice foods, meats, breads, sweets, or wine, but instead ate only vegetables and drank water.

### EXPERIENCED

- Attempt a complete fast for 21 days with water, juices, and broth.
- Combine the partial fast and complete fast.

## Medical Note

If you have any medical conditions that would make it difficult or dangerous for you to go without food for an extended period of time, please consult your doctor before proceeding. There are non-food ways you can choose to fast, such as staying away from television or social media, reducing specific spending, or setting aside a favorite hobby or pastime.

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**What practical things can I do to make the most of fasting?**

Consider any or all of these ideas:

- Ask God to open your ears so you can hear his responses to your questions and concerns.
- Ask God to open your eyes so you can see him at work.
- Use the free meal time to pray and study your Bible.
- Commit time every day to undistracted worship.
- Write your thoughts and prayers in a journal.
- Be intentional about serving others.

**Tips for fasting**

This advice can help you make the most of a time of fasting:

- Drink a lot of water!
- Consider simple meals for several days as a form of fasting: yogurt, spoon of peanut butter, small bowl of soup, etc.
- If you undertake a complete fast for three days or more, don't shock your system by eating a big meal right away when you're done fasting. Restart your digestive system slowly by eating fruit, a light salad, scrambled eggs, or oatmeal.
- The following books are excellent supplements to your fasting experience and can help you as you step toward fasting as a part of your Christian lifestyle.
  - *Fasting* by Jentezen Franklin
  - *God's Chosen Fast: A Spiritual and Practical Guide to Fasting* by Arthur Wallis

"Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land."

**2 CHRONICLES 7:14 (NLT)**



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